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ADVICE
TO THE
GENTLEMEN
IN THE
ARMY
OF HER
MAJESTY'S FORCES
IN
Spain and Portugal:
WITH

A short Method how to preserve their *Health*;
and some Observations upon several Di-
stempers incident to those Countries: To
which are added the Medicinal Virtues of
many peculiar PLANTS growing na-
turally in those Parts, and not wild in
England.

L O N D O N:

Printed for P. VARENNE, at *Seneca's Head*
near *Somerſet-Houſe* in the *Strand*. 1708.



THE HISTORY OF THE

ROYAL SOCIETY OF MEDICINE

AND OF THE

ROYAL SOCIETY OF PHYSICS

AND OF THE

ROYAL SOCIETY OF MEDICINE

To His Excellency

CHARLES

Earl of *Sunderland*,

*Baron Spencer of Worm-
leighton, one of Her Ma-
jesty's Honourable Privy-
Council, and Principal Se-
cretary of State, &c.*

My LORD,



Should not pre-
sume to inter-
rupt Your Lord-
ship from Your Publick
A Affairs,

DEDICATION.

Affairs, which the wisest of Queens has call'd Your Lordship to, but that Your Lordship's extensive Goodness gives Access to any that are ambitious of contributing to the Publick Interest, tho' in an inferior Degree; I most humbly lay before Your Lordship an Essay, design'd chiefly for the Service of Her Majesty's Forces in *Spain* and *Portugal*; which being part of Your Lordship's Province, I humbly conceive the Honour of Your Lordship's Patronage may
very

DEDICATION.

very much conduce to render successful my sincere Endeavours to preserve the Lives of Her Majesty's Subjects who serve in those Countries, which is my utmost Ambition. I beg Leave, with all Submission and Respect, to call my self,

My LORD,

Your Lordship's most Dutiful,

and Faithful, Humble Servant,

John Polus Lecaan, *M.D.*

ALFRED A. JONES

The first of the series
of the "The History of the
United States" is a
very interesting and
valuable work.

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settlements to the
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in the history of the
United States.

THE
PREFACE.

HAVING had the Honour
to be employ'd as Physician
in the Service of his late Majesty
King William, during the Wars of
Ireland and Flanders, it gave me
frequent Opportunities of Discern-
ing the Indispositions and Diseases,
which those that lead a Military
Life are most obnoxious to.

The

P R E F A C E.

The Service also in Spain, under Her present Majesty, in which I am now employ'd, has afforded very frequent Instances how extreamly fatal Intemperance, Negligence, and Inadvertency have been to our Army there; insomuch that the Want of a due Regimen has destroy'd more than the Sword.

These Considerations inclin'd me to believe, I could not employ my Time better, than in Publishing a few plain and practical Rules, calculated for the Use of all those whose Fortune leads them abroad, and more especially serviceable to those who travel to Spain and Portugal.

Towards

P R E F A C E

Towards the Conclusion of this Treatise, I have given a small Invoice, or Catalogue, of the Medicines and Drugs which are most proper for the Distempers incident to those Parts, with Directions how, and in what Cases, to use them; as also a short Account and Description, with the Native Names of such Medicinal and other useful Plants which grow wild in Spain and Portugal, and not in England, except in Gardens; to which I have added a few Figures of some of the most celebrated.

If these my Endeavours do any ways answer the Usefulness of the Design, I shall think my self sufficiently Rewarded, by the Glory of being Instrumental in preserving the
Lives

P R E F A C E.

*Lives of those whom the Publick are
so much interested in.*

*At least, I hope, I may have the
Satisfaction of engaging some abler
Hand, more effectually to prosecute
a Subject of such Importance and
Advantage, to Her Majesty's Govern-
ment, and Her People's Health.*

A D.



ADVICE

TO THE

*Gentlemen of the Army of Her
MAJESTY'S Forces in
Spain and Portugal, in Re-
lation to their Health, &c.*



THE Mortality that has been so predominant in our Army in *Spain*, has possess'd the World with an Opinion, that the Country is very Unhealthy; which induces me to obviate the Effects of a popular Error, very prejudicial to the Interests of Her Majesty and Her Allies.

In this Essay, I offer to the Military Gentlemen a Method, I hope, may prove Serviceable to the Preservation of their Health, in a Climate and way of living very different from

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the

their own ; and I will prescribe such Rules, for the Regulating their Conduct, as I flatter my self, they will find the most agreeable and necessary to the Safety of their Constitutions ; to this End I describe the Distempers most incident to that Southern Kingdom, and the proper Means to escape them, or at least to prevent their growing to any Extremity or Danger.

But before I enter upon this Subject, I think it convenient to take a short Survey of the Country, and consider the Nature of the Soil and Air, with several other things peculiar to that Part of the World.

The Kingdom of *Spain* is a long Tract of Land lying between the Latitude of 36 and 40 Degrees, and extends it self at least 200 Leagues from *Cadiz* to the Frontier of *Roussillon*, which makes a great Difference of
Climate,

Climate, or of Heat and Cold, from the Southern to the Northern Part of it.

There are great Alterations of Heat and Cold, between the high Mountains of *Granada*, *Castile*, *Pyreneen*, and the Vallies of *Valencia*, *Catalonia*, &c.

For in these Mountains the Air is so fine and subtile in the Summer, that the Lungs of a Traveller cannot sufficiently be fann'd with it ; but in the Winter so extraordinary sharp and cold, that they are not without Ice and Snow for several Months.

The Vallies, and the Country all along the Sea-Coast, are more temperate, and even in Winter enforc'd Nature adorns the Gardens with perpetual Greens. In Summer, from the Beginning of *June* to the End of *August*, a refreshing Breeze daily

blows at Noon, from ten a-Clock to two.

As in other Countries the Differences of Seasons produce different Effects in our Bodies; for by the more or less Heat the Pores of our Bodies are more or less open, the Air more or less pure, Food more or less spirituous; so without doubt great Difference of Climate, or of Heat and Cold, is very prejudicial to all Strangers, and the Cause of numerous Distempers, especially to the *English*, who are very Irregular and Careless in their way of Living.

Most Distempers take their Origine from the Air, or from our Food; and where the Air doth not contribute to them, the bad Juices of our Victuals are the certain Occasion of them.

It is generally observ'd, that all over *Spain*, Dwelling-houses or Towns built near any River side are always unhealthy, and much worse near a marshy Ground, where Fevers or Agues are very common, and more frequently Mortal, or difficult to cure, than in any other Part of the World; and a Patient, tho' well cur'd, will find some small Fits return every Spring and Fall.

The Country is sufficiently provided with good and wholesome Food, when taken moderately.

The Beef is scarce, but Mutton is plenty, and of the best in the World.

They abound in Poultry, as likewise Partridges, Quails and Wild-Fowls, at some Seasons of the Year.

Pulse is in great abundance all the Year, to wit Pease, Kidney-Beans, Artichoaks, Cabbages, Colworts, Colliflowers, Melons of se-

veral sorts, Cucumbers, and any kind of Salleting.

They have all sorts of very good Sea Fish.

In the best Part of the Country grow Lemons, Oranges, Figs, Olives, Rice, Plumbs, Grapes, Almonds, and several sorts of Corn.

Their Wine is always very strong and heady, and when old is more wholesome than when it is new.

The new Wine must be avoided, tho' pleasant, sweet and luscious, because it is very loosening, and subject to cause Disenteries.

The old Wine therefore must be drank very moderately, and seldom without Water, which must be put in a *Grafa* (or a Bottle with a long Neck) in a *Bombulo*, in which they put Pieces of Ice, or Snow-balls, about the Bottle, and shake it until the Water is well cool'd.

The

The Natives never cool their Wine, because the Ice palls it, and takes away the Spirit.

Therefore the Water must always be cool'd before it is mix'd with the Wine, and the cooler the Water is the better for drinking.

Limonadoes, *Orchatta*, and most kind of Sherbets made of Grapes, Cherries, and Seeds, are very good, if not drank immoderately, or upon a full Stomach, as in the Evening, after the Digestion is made.

Their Brandy is not so pleasant as the *French*, but it is wholesome in *Limonadoes*, if taken moderately.

The *Spanish* way of living is so moderate, that in their *Olio* they don't put above twelve Ounces of Flesh, either Beef or Mutton, about six Ounces of Pork, some minc'd Liver and Lights, some Pears or

Turneps, for six or seven in a Family.

Their Drink is always a Glass almost full of cool Water, with as much red Wine as may colour it.

The Fruit is not unwholesome, if eaten moderately, and at proper Seasons; but nothing is more pernicious than Grapes, Melons, or any other sort of Fruit, when the Heat of the Sun is in them: Therefore the Natives that understand themselves, gather their Fruit in the Morning, before the Sun is up, or else keep it in their Cellars 'till the next Day, to have it cool.

They likewise avoid drinking of any Wine that is not above two Months old, for the older it is, the better and wholesomer.

This way of Living Strangers should observe, especially in the beginning, by which they will season them-

themselves to the Country, and be able to bear the Climate almost as well as the Natives, who are the most abstemious People in the World.

Strangers must likewise keep themselves well Clad, and secure from the Night Dews, which are very dangerous in hot Countries.

Abundance of Soldiers that have been careful of themselves, and several who have escaped either Fevers or Looseness, and were under the Care of good able Surgeons, have kept their Health so well, as to be able to endure continual Hardship ; as was very observable in my Lord *Montjoy's* Regiment, where about 400 Men weather'd all the Fatigues and Services of two Campaigns, when other Regiments had not left 200 Men.

Another Instance of well-season'd Men, was in the Army that march'd from the Frontiers of *Portugal*, to the Kingdom of *Valencia*; in which tedious and laborious March, not 20 Men died of the five *English* Regiments of Foot, and one of Horse, tho' during that March every Man was by necessity forced to provide Bread for himself for above fifty Days, and many of them Travell'd most part of that time without Shoes or Stockings, save only a little piece of a Skin about their Feet, to fence them against Thorns and rugged Stones.

The Distempers most incident in that Country are various, according to the several Seasons of the Year, especially when all sorts of Fruits begin to appear, *viz.* Cherries, Melons, Cucumbers, or new Wine.

The Soldiers very often eat and drink them without Discretion, by which irregular way of Living they spoil the Ferment of their Stomach, which by degrees contracts such Acidity, that being mix'd with the Alkali thereof, creates the same Coagulation amongst the Humours, as the *Sal Armoniac* doth, when it is mix'd with the *Tartarum Vitriolatum*.

Which Acidity increases by a continual Supply of these Fruits, and causes by degrees so great Sharpness in the Humours, that in a little time they are able to make an Excoriation in the Bowels, by which Streams of Blood, afterwards perfect Matter, and at last some of the very Substance of the Guts will come down by Stools.

And if the aforesaid Excrements turn into a brown Colour, and are evacuated without any Gripes or Pains,
then

then a Gangreen in the *Rectum* infallibly kills the Patient.

The great Colds and Rains, very usual in the latter end of a Campaign, seize the Men by lying upon the bare Ground, and spoil likewise the Ferment of their Stomach, which cause those pernicious Dysenteries; or sometimes the Infection of the Air contributes very much to increase the number of them.

Wherefore Men in Health should remove from the infectious Air, and keep themselves warm.

They should avoid all sorts of Fruits, Flesh, Meat, and new Wine, as soon as they are infected with that Distemper.

Their continual Food must be Milk and Flour boil'd almost to a Hasty-Pudding; new laid Eggs; as also a Sheep's Head and Trotters, boil'd gently for a considerable
time

time in four Quarts of Spring Water, with a handful of Rice, a few Cloves, and some Mace, 'till almost half be diminished.

The most proper Drink is Milk boil'd with an equal quantity of Spring Water, and a little Cinnamon; or else some old red Wine mull'd, with some Spring Water, Mace and Cloves.

As also an Emulsion made with Barley Water, whiten'd with a sufficient quantity of Blanched *Almonds*.

Dysenterick Persons are generally troubled with a great Thirst, which inclines them to drink immoderately any thing they can get, and is often the Occasion of almost incurable Dropsies, wherefore it is advisable to avoid Drinking as much as possible, even the best of Liquors.

As for the Cure of this pernicious Distemper, I begin first by giving
the

the Patient half a Dram of Rubarb, and six Grains of Nutmeg, both well Toasted, and finely Powdered in a Spoonful of his usual Drink.

The *Ipecacoanha* Root is given on this Occasion with extraordinary good Success; the same grows in *Brazile*, in a very dry and stony Ground, it is about a Finger's length, plyable, knotty, with small Joints and Rings; the best is of a brown Colour, with a bitter and sharp Taste, nauseous and ungrateful, but much more pleasant than Rubarb, with a Volatile Salt; the whole Strength lies in the Bark, and the fresher the better; the other sort is whitish, but not so good as the black.

This Root is highly commended by Dr. *Herman*, who whilst living was a very Eminent Professor of Physick and Botany at *Leyden*; as likewise by Professor *Deckers*.

The

The first Discoverer of the same was *Nicolaus Piso*, principal Physician to Prince *Maurice* of *Nassau*, then Governor of *Brazile*, who gives a full Description of it in his *Natural History*.

But of late Mr. *James Petiver*, one of the most Eminent and Learned Botanists of our Age, hath discover'd it to grow in our *English West-India* Plantations; a *Figure* whereof is here annext.

The *Ipecacoanha* Root is given several ways; I begin first with twenty five Grains of it, and six Grains of Mastic, both finely powder'd, and given in four Ounces of Plantain-Water, and keep the Patient from any sort of Drink for three or four Hours.

If the Patient have any Phlegm, or undigested Matter upon his Stomach, he seldom fails to have five

or

or six easie Vomits, and afterwards three or four gentle Stools.

The same should be us'd twice successively, increasing the Quantity of the said Powder, with about five or six Grains at every time, and the same Quantity of the Powder of Mastic as before.

Which is a certain Cure, given in the Beginning of this Distemper, and very often when all other Medicines have been ineffectual; leaving, after the Operation, an astringent Quality, and fortifying the Stomach and Bowels.

The use of which is to be avoided in Asthmaticks, and Ptyfical People.

Professor *Deckers* gives twenty Grains of it well Powder'd, mix'd with a Dram of *Diascordium*, going to Bed.

If the *Ipecacoanha* is not used, the Patient, after the aforesaid Dose of *Rubarb*, should take the following Mixture.

℞. *Camphoræ*, ʒ ss.

Balsami Peruviani, gr. vi.

Terræ Japonicæ, gr. x.

Olei Macis, per express ʒ ss.

Spiritus Menthæ, ʒ iv.

Misce.

of which is to be given now and then a Spoonful, in a Glass of Red Wine.

I thought fit to put in here the Receipt of an astringent Electuary, order'd by her Majesty's Physicians at the Laboratory of the *Savoy*, which is us'd in the Hospitals of the Army.

C

℞. Di-

℞. *Diascord.* ℥ xx.

Terebinth. Venetæ, ℥ iv.

Pulver. Cinnamom. ℥ iv.

Cornu Cervi, usti, ℥ vi.

Radic. Tormentil. ℥ vi.

Cretæ, ℥ vi.

Terræ Japonic. ℥ iv.

Croc. Martis adstring. ℥ iii.

Corallij Rubri, ℥ iii.

Acaciæ German. ℥ viii.

Flor. Rosar. Rubr. ℥ iv.

Gummi Arabici. ℥ x.

Boli Armen. ℥ viii.

*Pulverisentur secundum artem & cum Syrupo de Rosis Siccis fiat Electu-
arium.*

The Dose is about one Dram, in which you should put five Grains of *Mercurius Dulcis* at every Dose, when any Blood comes down by Stool, and after two or three Doses the Blood
uses

uses to stop, unless the Patient was in a dying condition.

If in the Spring the Sun hath the Power to disperse the Vapours, and to fill the Air with Spirituous and Volatile Particles, and the Balsams and Essences of the Flowers to renew the Mass of Blood, and produce that great Strength and Vigour we feel in that Season; the Summer's excessive Heat gives so much Motion to the Vapours, and rarifies the Air to that degree, that our Lungs and Heart not receiving a sufficient quantity of them, is the cause of our continual Fainting.

The known Phenomenon of the Thermometer and Bariscope, which rise proportionably to the Increase of the Heat and Gravity of the Air, is a pregnant Proof that the same Causes have a considerable Influence upon our Bodies, which contains

Fluids infinitely more subtle and refin'd than *Mercury*.

If then the difference of Season produces in our Bodies different Effects, no doubt but the difference of Climate, and change of Diet, will likewise alter our Constitutions.

Most part of all Distempers take their Origine from the Air, or from our Food; and when the Air doth not contribute to them, the bad Juices of our Victuals are generally the Occasion of them.

When a Patient falls into a Fever after eating or drinking too much, I apprehend, that the Stomach and Bowels are fill'd with undigested Matter, the most subtle of which is mix'd with the Chyle, and being carried to the Blood, is the cause of a Fever.

The Remains of this undigested Matter, which continue in the Bottom of the Stomach, and in the Foulds
of

of the Bowels, doth continually supply the Chyle with Vapours and Juices, that increase the Fever with all the Symptoms that continually appear.

When the Patient labours under a difficulty in Breathing, and a low Pulse, the Circulation of the Blood is not free, and the Veins of the Lungs, as well as others, are too full, and distended.

Therefore Bleeding seven or eight Ounces, every other Day, is very necessary in those Fevers, because it is reasonably suppos'd, that in the hot Countries the Blood is sooner corrupted than in *England*.

Very soon after it the Patient should take Glisters made with the Emollient Decoction, adding an Ounce of Honey, an Ounce of the Lenitive Electuary, with a little Bay Salt.

But if any quantity of Humours lye in the Stomach, and the Patient hath any reaching to vomit, and is strong enough to bear the Operation of it, he may take five Grains of *Tartarum Emeticum* in a Spoonful of Liquor, and at every Vomit a great draught of lukewarm Water, to convey the Phlegm up easier.

And when any Superfluity of undigested Humours are lying in the Bowels, the Patient should use the following Purge.

R. Folior. *Senn.* ʒ ii.

Cassia recenter extract. ʒ i.

Salis *Tartari*, ʒ ʒ.

Which, after being put all together in a half Pint of boiling Water, should be strain'd, for the Patient to drink at a Draught.

He should have no other Food than a small Porrenger full of thin Chicken Broath, or Water-Gruel, or such other Spoon Meat, five or six times a Day.

During the violent Heat of Summer, in the hot Countries, the Patient uses to get very great Relief in calming his Fever, by drinking now and then a small Glas of Water cool'd with Ice, because it hinders that great Heat and Impetuosity of the Humours; but Care must be taken, that the Stomach and Bowels may be free of bad Humours, which otherwise should cast the Patient into dangerous Cholicks, Swellings, Indigestions, or other troublesom Distempers.

Emulsions made with a sufficient quantity of Barly Water, blanched Almonds, and a few cold Seeds, or a Ptisane made with Barly Water, Liquorish and Sorrel Roots, are very

useful and necessary in those Fevers, using between whiles two or three Spoonfuls of the following Cordial Julep, every two or three Hours, or as necessity requires.

℞. *Aquæ Melissæ.*

Scorzoneræ, ā. ʒ iii.

Viperarum, ʒ ii.

Confectionis Alkermes, ʒ i.

De Hyacinto, ʒ ʒ.

Syrupi Caryophyllor. ʒ i.

De Ment hæ, ʒ ʒ.

Misce fiat Julapium.

Notwithstanding the Fever should be gone off, the Patient must keep strictly the same Diet, he did during the heighth of his Distemper, and after he hath got a little Strength, he must be purg'd gently twice or thrice, before he begin to eat any Flesh-Meat or Fruit.

Which

Which Purge if he neglects, he will certainly fall into a mortal Relapse, or, at least, into abundance of Disorder; of which we had a deplorable Instance in a Clerk of our Hospital at *Valentia*, who after the Fever had left him for some time, took no care to be purg'd, or to avoid eating any Flesh-Meat and Fruit; but eat and drank, without any manner of discretion, all what came in his way.

Soon after his Belly swell'd, the Region of his Liver grew hard, and was very much oppress'd; at last his Eyes, and Face, and Urine turn'd yellow, upon which he was order'd to forbear eating Flesh-Meat and Fruit, &c. and to live altogether upon Spoon Meat, or any other light Food.

In order to be cured of this Jaundice, his Body was prepared by the following Physick.

R. Fo-

℞. Folior. *Sennæ*, 3 ii.

Rubarb. 3 i.

Salis Tartari, 3 ℞.

Semin. Anis.

Carui, â. 3 i.

~~Haec~~ *infundantur in sufficienti quantitate Aquæ Cichorei & colaturæ, 3 vi. addatur Syrupi de Cichoreo cum Rheo, 3 i. Misce fiat Haustus.*

The next day he began to take a Wine Glas full of this Decoction.

℞. Radic. *Urticæ.*

Rubiæ Tinctor.

Graminis.

Curcumæ.

Chelidonii major, â. 3 ℞.

Folior. *Marrubii.*

Cuscutæ, â. 3 ℞.

Flor. *Genistæ*, p. ii.

Semin.

Semin. *Cannabis*, ℥℞.

Aquilegiæ.

Petroselini, ā. ℥ iii.

Coquantur in Vini albi tenuioris & Aquæ Fontanæ partibus æqualibus & colaturæ, ℥ xxxvi. adde.

Syrupi de Cichoreo cum Rheo, diacnicu, ā. ℥ ii.

Tincturæ Croci, ℥ ii.

cujus Dosis est ℥ vi. & singulis dosibus adde salis volatilis Oleosi Sylvi, gutt. xii. quæ Decoctio repetatur usque ad finem curationis.

By this Decoction the Patient was perfectly recover'd.

About the same time Captain *Atkins*, of Her Majesty's Foot-Guards, was seiz'd with a Fever, and the Symptoms aforesaid, for which he was

was blooded several times, he took some Glisters, and continually Emulsions or Almond Milk for his constant Drink, besides Water-Gruel, or weak Chicken Broath for his daily Food, and with this Julep he was rid of his Fever.

℞. *Aquæ Melissæ.*

Scorzoneræ, â. ʒ iii.

Viperarum, ʒ ii.

Confect. de Hyacinto, ʒ i.

Syrup. Caryophil. ʒ i.

Misce Fi. Julapum.

Of which he took two Spoonfuls every two or three Hours.

Colonel *Southwel*, in his Journey from *Castile* to *Valentia*, fell into a violent Fever and continual Vomiting, and during five or six Days could not have any natural Evacuation, nor make Water.

The

The great Perspiration and Sweating, occasion'd by the excessive Heat of that Country, depriv'd his Bowels of the necessary Moisture that uses to keep the Excrements fluid, by which Constipation the Ureters were so press'd, that they could not be able to discharge any quantity of Urine; but by a great Swelling of his Belly, he continu'd in extraordinary Torment Night and Day without Sleep.

His Kidnies swell'd after such a manner, and unable to discharge themselves, being loaded with sandy Gravel, were so much inflam'd, that he not only reach'd to vomit, but could keep nothing in his Body for a long time, occasion'd by the Communication of the Nerves *Sexti Paris* with the Stomach and Kidnies, being fretted by the Inflammation aforesaid.

The great Torture of the Gravel, to which he had been subject before, violently exercis'd him 'till he got to *Valentia*, with great danger of his Life, and he could receive no Relief, but by Glisters a *Surgeon* gave him several times by Day and Night.

He had no natural Stool in ten or twelve Days time, and by continual Pain he was so spent, and by that perpetual Vomiting, and Emptiness of his Stomach, he grew so weak, that he was hardly able to speak when I came to him; but by the following Prescription he was perfectly recovered.

R. *Aquæ Cichorei.*

Asparagi, *â.* ʒ ii.

Menthæ.

Petroselini, *â.* ʒ i.

Confect. *Alkermes*, ʒ i.

Salis Absinth. gr. vi.

Lau-

Laudani liquid, gutt. xx.

Salis Volatilis Oleos, Sylv. 3 ℞.

Syrup. de Absinth.

Menthæ, â. 3 ℞.

Misce F. Julap.

He took all of it by Spoonfuls, every Hour or two; and next Morning he was so easie that he return'd me Thanks, and had no occasion to take any thing else; but by keeping a good and regular Diet, and after taking now and then a gentle Purge, he recover'd so well, that after twelve Days time he undertook his Voyage for *England*.

That great Perspiration, so usual in hot Countries, doth deprive the Mass of Blood of its natural Moisture and *Serum*, as well as of the *Spiritus Animalis*, by which it grows so thick and heavy, that it is hardly able to Circulate; which was remarkable

able in the Case of Mr. *Meade*, Pay-Master-General of Her Majesty's Forces in *Spain*, who fell in such Weakness of his Limbs, and Swelling of his Feet, that for a considerable time he could not go the length of his Chamber without extream Difficulty and Pain.

He was order'd to be blooded, and by the Thickness, Windiness and Blackness of his Blood, it appear'd he was afflicted with a Rheumatism, for which a due Method was us'd to recover him.

He took a Vomit of the *Ipecacuanha*, which work'd very kindly, he was purg'd twice a Week, he was blooded every three or four Days, he liv'd upon small Broath and Water-Gruel about nine or ten Weeks, and with a Decoction of *Salsaparilla* and *China* Roots for six Weeks, he recover'd his Health perfectly well.

Immo-

Immoderate Sweating, especially in the most sultry and hottest time of the Year, doth always carry most part of the Animal Spirits from the Center to the Circumference of the Body, which flies away excessively, leaving the Mass of Blood very heavy, and destitute of that Elastick Motion that uses to keep it in a due, and regular Circulation.

The Serum likewise flying out with that Violence, takes away the true and right *Equilibrium* of the Blood; which being destitute of its proper Vehicle, doth not fail to lose his right Motion, and consequently will fling a Man into violent Fevers, as appears by the following Observation.

Mr. *Dummer*, Surgeon to his Excellency the Earl of *Peterborough*, was seiz'd with so extraordinary Sweating for several days in *Valentia*, in the Year 1705, that in little time he grew

D

very

very weak, restless and uneasie, but at last fell into a violent Fever.

He began first to complain of an extraordinary Pain in his Head, an Oppression and Heaviness upon his Spirits, a great Load at his Stomach, and of an Uneasiness all over his Body.

His Pulse was very quick and irregular, his Urine high colour'd, his Tongue rough and dry, and his Body all over very fiery, and without any manner of Sleep, or benefit of Nature.

The first Day of his Illness he took an Emetic, to ease him of the Load at his Stomach, which did vomit him very well, and compos'd himself to Sleep.

But being affected with a violent Pain in his Head, and a great Oppression at his Heart, he could get no manner of Sleep that Night.

He

He was blooded the next Morning, and in about twelve Ounces of Blood there were not three Drops of Serum, after the same was cool'd.

So that nothing could more contribute to bring that Blood to a due *Equilibrium*, and a right Circulation, than by the diluting the same, with drinking of a cooling Ptisane made of Barley-Water, Liquorish, Sorrel Roots, Raisins, &c. or else with Emulsions made of Barly-Water, well pounded Almonds blanched, and the cold Seeds, of which he drank plentifully, and repeated the same very often.

Water-Gruel, thin Chicken-Broath well season'd with cooling Herbs, was all Day and Night his continual Food.

And in order to recruit that great quantity of the lost Animal Spirits, to restore the Mass of Blood to a

right *Equilibrium*, and a regular and true Circulation, he took the following Cordial Julep.

℞. *Aquæ Melissæ*, ℥ii.

Scorzoneræ, ℥vi.

Viperarum, ℥iii.

Borraginis, ℥ii.

Confectionis Alkermes, ℥i.

Pulvi Coralli rubri prepar. 3℥.

Syrup. Caryophylli.

Violarum, â ℥i.

Misce Fi. Julapium.

Of which he took two Spoonfuls every two or three Hours, according as Necessity required.

The third Day the Fever continu'd very violent, with the same Oppression, Pain in his Head, and he was very restless, for which he was blood-ed again, but without finding any sensible Relief.

He

He continu'd the fourth Day without any visible Alteration, therefore was order'd to be blooded in the Jugular Vein ; but when the Surgeon attempted to open the Left Jugular, he only cou'd get a few Drops of Blood, as thick as Glue; t'other Jugular was tried, which bled sufficiently, but was of so thick Consistence after being cool'd, that there was not one Drop of Serum amongst it.

Tho' the Patient hitherto was in so great danger of his Life, yet by a very strict and regular way of living, and by taking constantly his aforesaid Cordial Julep, he got rid of his Fever, and was cool, chearful and easie for several Days, getting a good Stomach, with a quiet and sound Sleep.

During which time the Patient got a gentle Benefit of Nature, ha-

ving three or four loose Stools in twenty four Hours.

At the same time he was advis'd to give a little help to Nature, that shou'd so kindly the way to discharge the remainder of his Fever, by taking some gentle Physick, before he should begin to eat any sort of Flesh-Meat, or Fruit, which generally use to be so prejudicial to a recovering Man, if he is not able to digest them, as appear'd in this Patient, who despising this Friendly Advice, began two or three Days after the Fever left him, to eat Patridges, Apricocks, and other Fruit, by which means in a few Days he fell into a Mortal Relapse on a *Friday*, and dy'd the *Tuesday* following.

By this Account any Body may reasonably suppose, that if the Patient had been careful enough of himself, in helping Nature, by taking a gentle

tle Purge, and avoiding carefully Flesh-Meat and Fruit, he might have escap'd this time the danger of the Distemper.

The *Spaniards* have generally the worst Physicians and Surgeons of any Nation, and likewise by their own Carelessness they have the worst Drugs.

Their Physicians very seldom prescribe any Vomit to their Patient, because the Operation of it uses to fling them into violent Pains of their Head. The Reason of which I apprehend to be the Emptiness of their Stomach, occasion'd by their abstemious way of Living, where the Emetick must work and fret upon the Nerve of the Stomach.

But I must confess, that I could never perceive so great danger in People that are us'd to eat and drink plentifully.

The chief way of Practice of the *Spanish* Physicians is, their ordering to drink cool Water, and bleeding upon all Occasions, and seldom prescribing any thing else to their Patient.

In the latter End of a Campaign, by the continual heavy Rains, by the sharp and cold Nights, by the long and tedious Marches, by the Soldiers very often lying upon the cold Ground, and sometimes for want of good wholsom Victuals, the poor Men fall into very heavy Distempers.

By these great Hardships the Animal Spirits are so very much spent, the Digestion of their Stomachs so ruin'd, and their whole Mass of Blood so spoil'd, that they frequently use to fall into violent and malignant Fevers, which commonly appears by great Nauseousness, or Squeamishness

misshness at their Stomach, by a low, weak, and irregular Pulse, by a languishing Countenance, by a dry, rough, and sometimes black Tongue, by a great Oppression at the Heart, by violent and almost intolerable Pains in their Heads, by frequent Deliriums, and, at last, by an innumerable quantity of Scarlet Spots all over their Bodies, even to their Fingers end, which are almost as dangerous and mortal as the common Plague.

This malignant and dangerous Distemper did appear soon after the Retreat of the Army from *Castile* to the Kingdom of *Valentia*, where we got in the Hospital that same Winter above thirty Soldiers of Her Majesty's Foot Guards, afflicted with that spotted Fever, and they all recover'd very well, except two or three of them, that were brought in the said Hospital senseless, and almost dead.

The

The safest Way, and the best and most effectual Method for the curing those malignant Distempers, was, at first, a gentle and easie Vomit, if the Patient did find any Load upon his Stomach, and had Strength enough to bear the Operation of it.

The Patient must be brought to a good Temper, and get his Body open with Emollient and Laxative Glisters, as well as with a moderate and light Diet.

And the violent Pain in his Head must be remov'd with blistering Plaisters in the Nape of his Neck, and several other Parts of his Body.

It is always evident, that Fevers are never cured, unless the natural Heat and the Animal Spirits have digested or dissolv'd all the rough and undigested Matters of the Body.

Therefore to help the said Digestion, a Practitioner need not be fearful
of

of giving sometimes a Glas of good Wine, or some Spirituous Cordials, in those malignant Fevers, in order to recruit the Animal Spirits, which cannot well be restor'd without them.

Bleeding, in malignant Distempers, is always reckon'd to be very dangerous, for fear of weakning the Patient too much, and hinder a Crisis. Therefore good Cordials are found and judg'd to be more useful and necessary, as may be seen by the following Prescription, which was us'd with very good Success, in those malignant Fevers, *viz.*

℞. Pulveris è Chylis *Cancrorum*
Compositi, 3i℔.

Species de *Hyacinto*, 3 i.

Pulveris Rad. *Contrajerv.* 3 ii.

Pulveris Rad. *Serpentariæ*
Virginianæ, 3 i℔.

Misce F. Pulvis.

Which

Which Powder must be equally divided in twelve Papers, and the Patient is to take one every three or four Hours, in a Spoonful of Liquor.

By the using continually this Cordial Powder, the Patient uses to fall into a gentle Perspiration, with a little moist Dew all over his Body, and by degrees gets a great deal of Ease, occasion'd by the Mass of Blood being restor'd to a due *Equilibrium*, and consequently into a true and right Circulation.

The following Cordial Julep is likewise very useful and necessary in malignant Distempers.

℞. *Aquæ Theriacalis.*

Epidemiæ, ā. ʒ iii.

Cinnamomi, ʒ i.

Scorzoneræ, ʒ iii.

Confect. Alkermes, ʒ i.

Pul.

Pul. è Chelis *Cancror*, Comp. ℥ii.

Salis *Volatil*. Oleos. *Sylv*. ʒ i.

Syrup. *Caryophyllori*, ʒ iß.

Misce F. *Julapium*.

Which must be taken by Spoonfuls now and then, or every two Hours.

Five Grains of Tartar Emetic, taken in eight Ounces of *Scorzonera* Water, and given about four Spoonful at a time every Hour, is very successful, for it purges the Patient gently of the malignant Humours, and totally destroys the ill Fermentation of the Distemper.

Plurifies are always very frequent in hot Countries, when any Body, after great Fatigues, and excessive Sweating, happens to drink a great Draught of cold Liquor, or doth lye upon the cold Ground, when the Pores of his Body are very open,
or

or when there is a superfluous Quantity of Blood, able to extend too much the Veins, and to create a difficulty of Breathing. As did happen to Mr. *Hutchisson*, a Man about forty Years old, who was not able to draw his Breath without extraordinary Difficulty.

Therefore was order'd immediately to be blooded, and to put a Bag of hot Sand to his Side.

The Patient did likewise take a Clister, made with twelve Ounces of the Emollient Decoction, and an Ounce of *Lenitive Electuary*, with two Drams of Oil of Camomil.

After which he was very much reliev'd, and by the following Julep was very well cur'd.

R. *Aquæ Cardum Benedict.*

Absinthii,

Scabiosæ, â. ʒ ii.

The-

*Theriaca*lis, ʒ i.

Cinnamomi hordeati, ʒ i ʒ.

Confectionis Alkermes, ʒ ʒ.

De Hyacinto, ʒ i.

Syrupi Capillor. Veneris

Liquiritiæ, d. ʒ i.

Salis Volatils Oleosi Sylv. ʒ ʒ.

Misce F. *Julapium*.

Of which he took about four Spoonful every two Hours, and kept his Body open with the common *Ptisane* made with Barley-water, *Liquorish*, Raisins, and some Violet Leaves.

His Diet was thin Chicken-broth, and Water-gruel, or any other light Spoon-meat.

And because all over the Kingdom of *Spaim* the Apothecaries are very ill provided with Drugs, and what they have is likewise very bad; therefore all the Gentlemen of the Army, that are in that Country, are
advis'd

advis'd to provide themselves with a small Box fill'd with the following Particulars, the Use and Doses of which are describ'd here, *viz.*

Rubarb, the best of it is heavy, solid, and like the Inside of a Nutmeg; it purges gently, and is usually given in the Beginning of a Looseness, with a few Grains of Nutmeg. The Dose is from half a Dram to a whole Dram, finely powder'd.

Ipecacoanha is fully describ'd above; it Vomits and Purges without griping, or great Pain, and is given from twenty Grains to a Dram, with six Grains of Mastic, both finely powder'd.

Cremor Tartari opens Obstructions, and is purgative. The Dose is from ten Grains to forty, in small Broth, or other convenient Liquor.

Folia Sennæ, the Green is best, it must always be infus'd in Spring-Water, and be corrected with Ani-feed, Carriwayseed, or Cinnamon, because it should not gripe the Patient : The Dose is from two Drams to four.

Sal Catharticum Amarum, or *Epsom Salt*, is a very gentle Laxative, of which one Ounce dissolv'd in Spring-Water, or Posset-Drink, uses to Purge without Gripes.

Electuarium Lenitivum is a Purgative not commonly us'd otherways then in Glisters, about an Ounce or two being dissolv'd in it, if Necessity requires.

Tartar Emetic, when it is well prepar'd, is an easie Vomit ; the Dose of it is from five to twelve Grains, for the strongest Men, and drink a large draught of luke-warm Water at every Vomit.

Serpentaria Virginiana, or *Snake Root*, is us'd with Success in Tertian and Quartan Agues, join'd with *Gentian* and *China* Roots; the Dose of which in substance is half a Dram, and two Drams in Infusion.

Contrayerva Roots are excellent in malignant Distempers, us'd in Powder, or in a Decoction; the Dose of it in Powder is fifteen Grains, with five or six Grains of Gascoin Powder; but in a Decoction, one Ounce of it, with two Drams of *Angelica* Roots, boil'd in a Pint of White-Wine and as much Water, to the diminution of half, drinking a Wine Glass of it now and then.

Cortex Peruvianus, or *Jesuits Bark*,
See its Figure. the best of it is like Iron within, of a sharp and bitter Taste; the use of it is in the Scurvy and Quartan Agues; the Dose of which in Substance, or Powder, is one Scruple, with

with the same quantity of Salt of Wormwood in Quartan Agues after a small Purge; but in Infusion, a Dram of it in White-Wine must be us'd for several Days.

Species Confectionis de Hyacinto is an excellent Cordial, it refresheth the Animal Spirits, and is good against the Palpitation of the Heart, and Faintness; but is something more Astringent than the *Confectio Alkermes*, the Dose of it is from one Scruple to half a Dram.

Gascoin Powder is in use in Epidemical Distempers, especially in Small-Pox and malignant Fevers, it fortifies the Heart, and operates insensibly; but doth not cause any Sweat, unless the Patient should take a large Dose of it, which is from twenty to thirty Grains, and sometimes to a whole Dram, dissolv'd in any Liquor.

Venice Treacle is an excellent Medicine in all Cold Distempers, in

Weakness of the Stomach, in Loosenesses, Cholicks, in the Plague, Small-Pox, malignant Fevers, and in an infinity of other Diseases ; it is given to Children from one Grain to four, to older People from one Scruple to a Dram, and sometimes to two Drams.

Venice Treacle Balls. These are compounded of the chiefest Ingredients in that celebrated Composition, and made into that Form with the Gums that are in it, and not being clog'd with the Canary, as in the Receipt, and at least treble the weight of Honey to the Powders, if not a more uncertain quantity, by which the Efficacy of the Medicine is much impair'd, and easily capable of Fermentation and Corruption, especially in long Voyages, which these *Balls* are not liable to: Besides, in this Form, they not only preserve their excellent

Vertues

Vertues for many Years in all Climates, which the other cannot do; but they are more portable, and also work the same Effects in a quarter part of the Dose, viz. from one Grain to a Scruple.

Diascordium hath almost the same Virtue as *Theriaca*, it is commended in malignant Fevers, and in any Epidemical Distempers, but most us'd in Dysenteries or Fluxes; the Dose is from a Scruple to a Dram, dissolv'd in Cordial Waters, or any other Liqueur.

Lapis de Goan, or *Goan Ball*. I place this next to *Diascordium*, because in it are many of those Ingredients, with the Addition of an *Indian* Root call'd *Goan*, a very great Cordial and Restorative. This Composition may be given where-ever *Diascordium* is necessary: I have found it one of the best Remedies I

ever yet met with, in all Fluxes, particularly in the *Cholera Morbus*, or Vomiting and Looseness, it rarely fails, having more than a thousand times experienc'd it. It's also of great use in Coughs, Catarrhs, Consumptions, and other Decays of Nature, and very prevalent in most Fevers, being Cardiack, Alexiterick, Pectoral, and gently Sudorifick. Its Dose from two Grains to twenty, grated into Canary, or any other Wine mull'd. In all Cholicks and Fluxes, double the Dose may be given in Glisters, mixt with a quarter of a Pint of Sack, which I have often prescribed with wonderful Success, obliging them to keep it as long as they can, and to repeat it if there should be Occasion.

Balsamum Copai-væ is much commended in green Wounds, especially of the Nerves; it is likewise us'd in
Gonor-

Gonorrheas, Fluxes and Dysenteries; the Dose is about ten or twelve Drops in a little Sugar. See its Figure.

Turpentine is likewise us'd in green Wounds for Digestives, mix'd with Yolks of Eggs; the same is put in Glisters for Dysenteries, internally in Pleurifies, Stranguries, Sandy Gravel, &c. The Dose is about twelve or fifteen Drops in Beanshel-Water.

Sal Prunellæ provokes Urine in malignant Fevers and Gonorrheas, refreshes and opens in Distempers that come from Obstructions; the Dose is from ten Grains to a Dram, in Pti-sane, or any other Liquor.

Antimonium Diaphoreticum is good in cold Distempers, when Sweating is requir'd; as also in malignant Fevers, Small-Pox, or any other Contagious Disease; the Dose of it is from six Grains to thirty, in a proper Liquor.

Mercurius Dulcis is excellent in Dysenteries, or Bloody Fluxes; five Grains of which is to be put in a Dram of *Diascordium*.

To make the Universal Balsam.

First make the Oil of *Saturn*, as follows: Take Litharge of Gold and Minium, of each one Pound, to which add four Quarts of strong Vinegar; infuse this together gently for twenty four Hours, afterwards filter, and then evaporate the same in a glas'd Jug, to the Consistence of Honey, upon a slow Fire, which is call'd Oil of *Saturn*.

After the same is taken off the Fire, pour in gradually four Ounces of Sweet Oil, six Ounces of Bees Wax, and stir it continually until all is quite cold, and you have the Universal Balsam.

It is excellent for Contusions and Swellings, by rubbing them with this ; as likewise in Stiffness of the Joints after great Colds, which renders them supple and easie ; it abates all Inflammations, and is extream good to ease all sort of Pains ; it is successful in Phymosis and Paraphymosis, and mundifie the Chankers, and any Green Wounds.

To conclude this Treatise, I design to make it more serviceable to the common Soldiers, as well as to the Officers of the Army.

Therefore I shall here give an Account of what Simples are growing in that Country, and what sort of them the Natives make use of upon several Occasions ; I shall also give herein a small Description of them, with the Virtues and Quantity commonly us'd amongst them.

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MEDICINAL

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*Others, no less useful in
Building, Dying, &c.*

1. **G**REAT, broad *Alatern*. The Broad A-
latern. Spaniards about *Luca* in *Tarragon*, call this *Iletro*, and the Portuguese, *Casca Filiguero*, and *Sanguenho*; this grows tall, with broad, knotch'd and pointed Leaves, and small Olive-colour'd Flowers, which it shews early in the Spring, and
some-

sometimes is found in Mid-winter ; its Fruit is rarely seen. This grows in divers Places about *Lisbon*, and in several Parts of *Spain*.

Round A-
latern.

2. Dwarf, round *Alatern*; its Flowers are larger and Leaves rounder than the last. It flowers in *February* and *March*, and berries the Month or two following. It's common in *Granada* and *Valentia*, and found also with the last. The *Portuguese* boil its Bark, to dye their fishing Nets of a reddish Brown ; the Dyers also boil from its Wood a blackish Blue Colour.

Bead-tree.

3. The *Bead-tree* is pretty well known to the Curious in our *English* Gardens, having my self seen it in Flower at the Bishop of *London's*, and others. The Natives of *Upper-Castile* call this Tree *Arbol Parayso*, as do those also of *South-Spain*, viz. in *Andaloufia*, and about

about *Cales* ; I hear the *Italians* call it *Perlaso*. *Avicen* asserts the Flowers to open Obstructions of the Brain, but the Fruit to be obnoxious to the Stomach.

4. *Camarinha's*, so call'd by the *Portuguese* ; these are pleasant, tart, juicy, white, transparent, Pearl-like Berries, growing at the Top of an upright heathy Shrub ; these ripen in *September* and *October*, and are then brought into the Markets ; they are much coveted by the *Portuguese* Boys and Girls, and are eat in Fevers to quench Thirst. *Camarinha's.*

5. *Broad-leav'd Spanish Cork* ; *BroadCork.* the Bark of the Trunk or Body of this *Ever-green Tree* is thick, fleshy, rugged, and so full of Chinks, that if you bark it not in Season it will shed or peel it self, after which it's very pleasant to behold the new Bark,

Bark, which is Scarlet, and at a distance looks as if painted or varnish'd ; its Leaves, in some, are smooth, in others notch'd ; the Akorns long, yet blunt ; its Cup large, rugged, and thorny Brim'd.

Cork-Wen.

The Fruit is very astringent and drying ; sometimes there grows to the Boughs of this a hard, woody, ash-colour'd Wen, which grows so close it cannot be separated without breaking it. The *Spaniards* call this Tree *Alcornoque*, and the Cork *Corcha de Alcornoque* ; the Akorn of this and the ever-green Oak, without Distinction, *Bellota*.

Here they only peel the thick outward Bark, with which they make Bungs for Casks and other large Vessels ; and the Inhabitants, particularly in *Estramadura*, brick their Walls and tyle their Houses, where

in

in some Places you see whole Villages thus built; they also fortifie their Banks with it, and in Winter time wear Shoes of the smooth Part, the rugged Sides being cut away.

6. *Hypocistis*; this is a Parasit-*Hypocistis*.
tical, Mistletoe-like, or Rape-Plant, which grows from the Roots of a *Male-Cistus*, very common in Spain, Portugal and Narbonne. When this first sprouts out, which is early in the Spring (the *Cistus* then going into Flower) its of an elegant Purple or Scarlet Colour, which decays as it opens, and grows higher, and then bears small, white Flowers, fill'd with a clammy Juice, which when boil'd into a thick, black Consistence, is the *Hypocistis* of the Shops, and chiefly us'd in all Fluxes, either of the Bowels, Womb or Blood.

7. The

Scarlet Fujub.

7. The *Scarlet Fujub*; these are nurs'd in most Gardens in *Spain* and *Narbonne*, where the Tree is call'd *Guindoulier*, and by the *Spaniards* *Azoseiso*, and the Fruit *Azoseifas*, *Fujubes* and *Guindoules*. They drink the Decoction of these for Coughs and difficulty of Breathing, and believe it to be a great Sweetner of the Blood.

White Fujub.

8. The *White Fujub*, from the Colour of its Fruit, which are longish, like an Olive, and sweet; this grows wild, with other Thorns, in the Hedges about *Cales*; Flowers in the Spring, and yeilds ripe Fruit there in Autumn.

Tree Juniper.

9. *Tree Juniper*; in *New-Castile*, especially about *Segovia*, it grows so large and tall, that the Inhabitants thereabouts build their Houses with Beams and Rafters of this Tree: The Taste and Smell of

of this, plainly shew the Virtues to be the same with the Common.

10. *Ladanum*, this the *Spaniards* call *Xara*, and the *Portuguese*, *Estapa*; it's a tall *Cistus*, about a Man's height, with long, clammy, opposite Leaves, whitish underneath, which with the younger Twigs are full of a transparent, clammy Liquor, so fragrant that they may be smelt at near a quarter of a Mile's distance; it bears a large leav'd, single, Rose-like Flower, each Leaf at the Bottom adorn'd with a beautiful scarlet Spot. This grows so plentifully all over *Spain* and *Portugal*, that the Bakers and poor People use it as Fuel. The Virtues of the *Ladanum* being describ'd in most Botanick Writers, I shall therefore wave them here, and its way of gathering; which, with

F other

other Matters, perhaps may be, at my Return from *Spain*, the Subject of another Paper.

Short Lavender.

11. Here are two Varieties of the common *Lavender* that grows here, one with a short Leaf and Spike, the other with a long Leaf, and slender bended Spikes, both with blue or purple Flowers, and sometimes white: The capital Virtues of these are known to all.

Long Lavender.

Fagged Lavender.

12. *Fagged-leav'd Lavender*; this is more hairy than the common, its Leaves deeply cut, and Spikes sometimes branch'd: This grows about *Murcia*.

Great Lavender Cotton.

13. *Great Spanish Lavender-Cotton*; the Natives of *Old-Castile* call this, in their own Dialect, *Tomillo Perrano*, or *Dog's-Time*; the Leaves of this, while young, are broad, like *Rosemary*, whitish and plain; when full grown, narrow, green

green and notch'd, of a bitter Taste and pleasant Smell, its Flowers much larger than the Common.

14. *Small Spanish Lavender-Cotton*; this is very like the last, Small Lavender-Cotton. but much less and slenderer, tho' they grow both together.

15. *Green Spanish Lavender-Cotton*; this chiefly differs from Green Lavender-Cotton. the two former, in having its Leaves longer, slenderer and green. They make a Tea of this, which they say is beneficially given to cure scabby People.

16. *Line-Spurge*; *Thymalea*, Lat. Line-Spurge. and Grec. *Torrisco*, Hispan. Its Fruit *Cneidios Coccus*, Grec. *Grannum Cnidium*, Lat.

This Shrub grows near a Yard high, and about the thickness of ones Thumb, with stiff ever-green Flax-like Leaves, towards the Top it Branches and terminates into

many small, white four-leav'd Flowers, which produce first green, but when ripe, scarlet, juicy Mirtle-like Berries, each containing a single Seed. It grows throughout all *Spain* and *South France* in wild Places, flowering from *July* to the greatest part of Autumn; its Berries succeeding, the Kernells husk'd, purge Choler, Phlegm and Water strongly; but to prevent inflaming the Mouth and Throat, they must be mix'd with Honey, &c. The Leaves also have the same Faculty.

Mastick.

*See its
Figure.*

17. The *Mastick-Tree*; *Lentiscus*, Lat. *Lentisque*, Gal. This Tree is no less full of Insect Cases than the Turpentine. In *Narbonne* and *Spain* they press an Oil from these Mastick-Berries of great Use, which is sent abroad; the *Spaniards* call it *Azoyte de mata*: The Virtues of
its

its Gum and Wood are known to most.

18. Spanish *wild Myrtle*; this ^{Spanish Myrtle.} grows wild throughout all *Estramadura*, both on the Hills and in the Plains; and in *Portugal* so plentifully, that for many Miles together there is scarce any other Shrub seen. Its Leaves and Berries, either green or dry, externally apply'd, or internally taken, are great Astringents.

19. *Dwarf Oak* with large Galls; ^{*Dwarf Oak with large Galls.*} this oftentimes grows no higher than a Man, its Leaves deeply cut and hoary; the Branches are frequently full of reddish Galls, as big as Crabs or small Apples. These grow very common in the Mountains of *Old Castile*, the Branches of which the Inhabitants split, dry and twist into Torches, and burn them as such.

Dwarf
Oak
with large
Acorns.

20. *Dwarf Oak* with large Acorns; the Branches of this are very slender and flexible, its Leaves soft, broad and deeply notch'd; its Acorns very bitter, and as large as our *English*, tho' this Shrub is rarely above a Foot high. The Bark of this, and Shell of its Acorn is very binding, and a Tea of them is successfully drank in Dysenteries and Bloody Fluxes. The same us'd as a Pessary stops the Whites.

The
Chermes
Oak.

See its
Figure.

21. The *Chermes Oak*, were it not for its Acorns, you would take for a smaller sort of Holly, its Leaves so very much resemble them, but less; it grows plentifully in many parts of *Spain*, and some parts of *France*. Its *Chermes*, which the *Spaniards* call *Grana de Tinctorios*, is a small grey Wen, or Blister, about the bigness of a Pea, sticking to the Branches of the young Trees; the

the Women and Boys gather them in great quantities, and sell them to the Merchants at *Montpelier*, (from whence comes the best Juice of *Chermes* for *Confectio Alkermes*.) They give it, with great success, to facilitate Child-birth, and as a never failing Cordial in all Faintings, and Sickness of the Spirits and Vitals, as we do here with its fam'd Confection. These Berries I did here intend to have given the Reader the ways of curing and preparing that Celebrated Cordial and Dye, with some Account of its Original, &c. but finding them too long for the Brevity I here design, may perhaps, with some others, e're long make them the Subject of another Paper.

22. The *Manured Olive*. See its *Manured Olive.* Figure.

23. The *Wild Olive*. Both these *Wild Olive.* are so common and well known, they need no Description.

*Greater
Pine.*

24. The *Greater Pine* grows in the *Pyrenese*, and other parts of *Spain*, and yields a great deal of *Rosin*.

Lesser Pine.

25. The *Lesser Pine* grows about two Mens height in *Murcia* and *Valentia*, and yields also some *Rosin*.

Least Pine.

26. The *Least Pine* rarely exceeds a Yard in height, with small Larch like Leaves, and a winged blackish Seed, which with the other kinds are counted Astringents, and a little warm, and are given with Honey to ease Coughs, and other Illnesses in the Breast and Lungs.

*Poley
Mountain.*

27. Common *Poley Mountain*; the *Bætick Spaniards*, (*viz.* the Inhabitants of *Algarve*, *Andalousia*, and *Granada*) call this sort *Ossuna*. It's a low Plant with hoary nocht Leaves and pale Flowers, growing in Tufts. I have seen this in our
Engliff

English Physick Gardens. It grows on all the Sea Coasts of *Spain* and *Provence*, flowering in *February* and *March*.

28. Small *Spanish* upright Poley, ^{Upright Poley.} by the *Spaniards*, *Altimiza*. This has stronger Branches than the last, and upright; its Leaves narrower, but not quite so hoary and dented, only towards the points; the Flower heads longer, bigger and more loose. It Flowers in *April* and *May* on the Barren Stoney Rocks in *Mid-Spain*. This is reckon'd a great Counter-Poyson, and is an Ingredient in the *Venice Treacle* and *Mithridate*.

29. Yellow Poley Mountain. This ^{Yellow Poley Mountain.} is neither so shrubby as the last, nor grows so upright, the Leaves more large, white and hoary, but when about flowering turn yellowish; as are the Flowers, which appear in *March*,

March, both in *Granada* and *Valencia*.

Purple
Poley
Mountain.

30. *Purple Poley Mountain*. This and the next the *Spaniards* take to be *Chamepytis*; but call both by the common Name of *Zamarilla*. This spreads in the Ground, is hoary like the rest, with smaller Heads, and purple Flowers.

White
Poley
Mountain.

31. *White Poley Mountain*. This differs from the last in its white Flowers, only its Fragrancy exceeds the rest. Both these grow near *Carthagen*a in *Murcia*, and flower in *March*. Most of these sorts are often indifferently used as Medicinal one for another.

Sana-
mund.

32. *Sanamunda* so call'd by the *Spanish* Herbalists, and by the Rusticks *Mierda Cruz*, from its purging Faculty, and for which reason they chiefly use it. This Bushes above the Root into many Branches,
with

with hairy Myrtle Leaves, but much less, and biting; out of which in *March* and *April*, come very small yellow four-leav'd Flowers. This is very common in *Valentia* and *Granada*.

33. Woolley *Sanamund*. It ^{Woolley} *Sanamund*. Flowers like the last, but grows in Tufts, as do the Leaves, which are much smaller and Cottony, yet salt, hot and biting. The Root thick and woody as the former. This grows about *Gibraltar*, where they call it *Burhalay*, in such plenty, that they heat their Ovens with it. This in *Gramada* they call *Sanamunda*, and is a frequent Purge with them, and of great Esteem; they boil a Dram of it in *Cicer* or *Vetch* Broth, which proves a wonderful Cathartick.

34. Stonecrop *Sanamund*; from ^{Stone-crop} *Sanamund*. the likeness of its Leaves to that Plant,

Plant, except that these are hoary, and the Flowers pale or greenish. This grows all along the Sea Coasts from *Gibraltar* to *Barcelona*, and has the same properties as the other.

Goat-Savory.

35. *Goat-Savory*, by the *Castilians*, *Carilla*, grows about a Foot and a half high, with many slender woody Twigs, on which grow hoary, fragrant, midling Leaves, between *Origanum* and *Serpillum*; at the top of these Branches come out Tufts of sweet white Flowers. This grows in many places in *Spain* with the common *Stachas* at No. 39. and has much the same Virtue; but a more powerful Forcer of the Menfes and Urine.

Narrow-leav'd Goat-Savory.

36. *Narrow-leav'd Goat-Savory*. The Branches of this are smaller, longer, more hoary, tho' less sweet, than

than the last. The Flower-heads are also differing, and larger.

37. Black rough Goat-Savory, ^{Black} ~~Goat-Sa-~~ ^{vory.}
 very like the last, Flowers purple, and the Leaves black and rough. These two last grow in *Valentia*, and flower in *March*. These are all ever Green.

38. Blue Spanish Myrtle Star-~~Starwort~~ 1
~~wort~~. This Name answers its Description. The Natives about *Cales* call it *Coronilla de frayles*, and *Siempre enxuta*, because it always seems dry and sapless; but in *Murcia* and *Valentia* its vulgarly call'd *Segullata*. Some Physicians in *Valentia* have falsely taken it to be the *Hippoglossum* of *Dioscorides*; and others assert, that a Drink of it is very efficacious in the *French Pox*. It Flowers in *February* and *March* about *Cales*, in *Murcia* and all over *Valentia*.

39. Ste-

Stachas.

39. *Stæchas.* The Spaniards call it *Contuessô*, and the *Salaman-cans*, or Mid-landers particularly, *Tomillo*, where it plentifully abounds. The Flower-Heads of this is an Ingredient in the *Pil-Cochiæ-Ma-jor*. And is to most so well known, it needs no Description; that here varies in its Leafy-Tufts, being either longer or shorter, blue or purple. It Flowers in *April* and *May*, and sometimes in the Autumn, and is as frequently met with in *Portn-gal*, and the South parts of *France*, as in *Spain*.

*Curl'd
Stachas.*

40. *Curl'd Stæchas.* The *Por-tuguese* call this *Alichrin Frances*, or *French Rosemary*. This is a beautiful Plant, and differs from the last, in having a looser Spike, with curl'd serrated Leaves. This grows at *Gibraltar* on Mount *Calpe*, and Flowers in *February*.

41. The

41. The *Strawberry-Tree*. *Ma-*^{*Straw-*}
dronio, Hispan. & *Lusitanis*, *Arbou-*^{*berry-Tree.*}
sier, Gallis. This beautiful Ever-
green is now become no Stranger to
our *English* Gardens, having this
Winter seen several Nosegays fold
of their Flowers and Fruit, which
they call here Winter Strawberries.
As the *Portuguese* and *Spaniards* do
Madronnos, which the Women sell
in the Markets at *Lisbon*, &c. the
Fruit being mightily coveted by the
poorer sort. *Amatus Lusitanus* di-
still'd a Water from the Leaves and
Flowers of this Tree, which he
kept as a most Sacred Antidote a-
gainst the Plague, and other Poi-
sons.

42. *Spanish Tamarisk*; *Taray*,^{*Spanish*}
Spanish; grows generally by Rivers^{*Tamarisk.*}
sides: What is commonly us'd in
England is the *German* sort, be-
cause most frequent in their Gar-
dens.

dens. Its peculiar or specifick Quality is for indurated or schirrous Spleens, against which it has been successfully us'd.

*Spanish
Time.*

43. True *Spanish Time*, call'd about *Cales*, *Tomillo*, grows about a Foot high, with slender woody white Stalks, its thin, narrow, whitish Leaves grow round the Stalk at certain distances, which in some places they shed in the Winter, and in their places come little Heads, or Clusters of Leaves, so close set, you wou'd take them each for a single one. This grows plentifully about *Sevil* and *Cales*, on that part of the Continent which joins the Bridge to the Island, and on the South sides of all the Hills on their Coasts. The Inhabitants of *Sevil* dry this Fragrant Herb in Handfuls, who, besides other Uses they put it to, boil it in all their Wine Casks, and
Olive

Olive Barrels, not only to wash and cleanse them ; but to add to them a good Smell.

44. Common *Spanish Time*, is ^{Common} call'd in *Castile*, where it plentifully ^{Spanish} grows, *Salsero*, or *Tomillo Salsero*. They give the Broath, in which this is boil'd, to Asthmatick Persons; it's also a great forcer of Urine, the Menses, Birth, and After-Birth.

45. *Spanish Mother of Time*. ^{Spanish} This differs from the common ^{Mother of} *Time*, at No. 44. in having broader Leaves, which smell somewhat stronger of Southernwood and *Stæchas*; its Leaves green, and Flowers purplish. This is thought to be more efficacious and warmer than the last.

46. *Olive Thorn*. *Scambrones*, ^{Olive} Hisp. Its Branches are arm'd with ^{Thorn,} strong white Thorns, from the Bottom

some of each grow four or five thick juicy Olive-like Leaves, but narrower; in the Autumn it bears small, whitish, five-leav'd Flowers, and after that a Berry. It grows in many parts of *Spain*, *Portugal* and *Provence*. At *Salamanca*, and some Places in *Castile*, they eat the Buds and young Leaves, as a Sallet, with Oyl and Vinegar; its Warmth being mixt with a Sharpness, gives it a pleasant Taste.

47. There is about the City of *Oriwhela*, on the Borders of *Valentia*, a variety of this, with thicker and shorter Leaves, and a purple Flower.

*Spanish
Black
Thorn.*

48. *Spanish Black Thorn. Spino negro*, Hispan. Has long evergreen Leaves, &c. The Natives boil the Berries of this with good Success, to ease the Gout, and strengthen

strengthen strain'd and dislocated Joints.

49. The *Turpentine Tree*. *Tere-*^{*Turpentine*}
binthus, Lat. *Terebinthe*, Gall. *Cor-*^{*Tree.*}
nicabra, Spanish. The Leaves of
this Tree chiefly differ from the
Mastick Tree, No. 17. in being
larger, and ending single. Its Ber-
ries are blueish when ripe, which
are so about Vintage time, and
then they have also very common-
ly a Pod-like Excrecence of a Flesh-
colour. This grows in many places
of *Portugal*, *Spain*, and South parts
of *France*.

50. *Widdow Waile*. *Chamelea*,^{*Widdow*}
Lat. & Græc. i. e. *Dwarf-Olive*,^{*Waile.*}
by some *Spaniards* its call'd *Oli-*
villa, and in *Narbone*, *Garoupe*. I
shall here wave its Description, ha-
ving seen it in perfection in many
Gardens about *London*, and only
tell you what *Dioscorides* says of its

Virtues, *viz.* That let three of its Seeds be made into Pills, with Flour, and double the quantity of Wormwood, it purges Flegm and Choller ; and its bruis'd Leaves with Honey, cleanses foul and crusty Ulcers.

The Figures of the *Spanish* Plants are,

The *Scarlet Oak*, or *Kermes*. See its Description and Virtues, Page 70.

The *Mastick*, p. 68.

Fujubes, p. 64.

The *Olive*, p. 71.

The Medicinal Drugs here Figur'd are the

*Ipecacu-
anha.*

Ipecacuanha, pag. 48. grows about half a Cubit high, with four or five Leaves towards the top of the Plant, from hence grows a cluster of small black Berries, hanging to a foot Stalk. Its Root brown, slender,

der, twisted and knotty, of a bitter, unsavory, hot and biting Taste. It loves shady places, and is found only in thick-grown Woods. The Root well dry'd keeps its Virtues many Years; it easily exhibits its Emetick Faculty, but is more tenacious of its Sudorifick and Astringent, and is therefore by some only first infus'd for an Emetick and Purge, and a Decoction of the remains is given for an Astringent and Strengthner of the Bowels. In all Dysenteries, and other Fluxes of the Belly, it's almost a never-failing Remedy; also it's very successful in the Whites, and a great Antidote against Poison, and malignant Distempers, if judiciously prepar'd and given, which the Natives of *Brazil* perfectly know, and have long experienced.

The Dose in Powder from ʒi. to ʒi. In Infusion to ʒii, more or less.

*Balsam
Capaiba.*

Balsam Capaiba. As most *Americans* call all fragrant Gums and Raisins by the vulgar name of *Copal*, so they add distinguishing Names to some particular sort. In *Brazil* therefore, where this is famous, they call it *Copal-iba*, or *Co-paiba*. Its Leaves oval, and its Veins large, especially on the under side. The Flower is compos'd of five round Leaves. Its Pod as it ripens grows black, which splits easily, and contains a Kernel of the shape and bigness of a Nut, cover'd with a black Skin, under which is a small, soft, clammy, yellow, edible, but insipid Pulp, so that it's reckon'd but a maukish Fruit, as most other Balsam Trees are. These are ripe in *May* and *June*,

June, and much eaten by the Monkeys. From the wounded Bark of this Tree, cut at the Full of the Moon, in 3 hours time has issued 12 Pound of this famous fragrant Balsam.

After the Tree is launc'd, and the Liquor does not quickly come, if you stop the Wound close with Wax or Clay, it will in a Fortnight's time yield you recompence for your Stay. It grows very tall in the midland Woods of *Brazil*, and in great plenty in the Island *Maranhon*; from whence most of the Balsam is brought. They make Boards of the Wood, which is very red and hard. Its Virtues are wonderful in cleansing and consolidating all Wounds, particularly of the Nerves at the first Intention, as also for the Bites of venemous Serpents, &c. It's given inwardly with

great Success in Cholical Pains, and to strengthen the Bowels; it cures also the Whites, Running of the Reins, Dysenteries, and other Fluxes, both by Injections, Glisters, and otherwise.

Rhubarb.

Rhubarb has a thick, roundish, long-liv'd, lasting Root, above half a Foot long, beset with short thickish Fibres; it's externally of a dark brown, or reddish Colour; inwardly it's of a pleasant yellow, beautifully streak'd with red, which is to be seen, even when dry; it's plentifully stored, while Green, with a slimy, reddish, yellow Juice, very bitter and unpleasant. From the head of the Root grow many plain, soft, hoary edged Leaves over one another. From a narrow Base they gradually widen, and end pointed not unlike the *Succisa*, or *Devils-bit*. They are often a Span long, and about

about 3 Inches where broadest, and have a bending Tendency. Yearly from the midst of these Leaves rises a Stalk three or four Inches high, with ten or twelve small, blue, five (rarely four) leav'd Flowers, growing singly on each side the Stalk, alternately on slender foot Stalks. These in shape and bigness, but not in manner of growing, resemble the *Garden Bugloss*; they are of a very ungrateful Smell, which much disturbs the Head. It's a peculiar Purger of Choller and Flegm; and therefore particularly adapted to Distempers of the Liver and Jaundice. Its astringent Faculty highly recommends it in all Fluxes, as Dysenteries, Diarrhea's, &c.

Cortex Peruvianus, or *Jesuits Bark*. Cortex Peruvianus.
This is said to grow in the Province of *Quito*, near the City *Loxa* in

in *Peru*. Its Leaves roundish and dented, or rather hairy-edged, with a long reddish Flower, and a Fruit with a light Bark, containing one flat white Almond-like Kernel. Its Virtues are already given.

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Living near Rivers and Morasses very unhealthy. Fevers and Agues difficult to be cur'd. Their Beef is scarce, and Mutton plenty and very good. Poultry very plenty.

P. 5

Sea-fish in abundance. What Fruit grows there. The quality of their Wine. New Wine dangerous to drink. Old Wine must be drank with cool Water.

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F I N I S.

Correct these Faults.

PAGE 22. the 15th Line, read *Cassia* instead of *Cassia*.
 p. 26. l. 6. read *Hæc* instead of *Hanc*.

*Balsam Capoibæ, vulg.
Capivæ.*

*IPECACUANHA
with its
Root.*



*Rhabarbarum
or Rhubarb.*

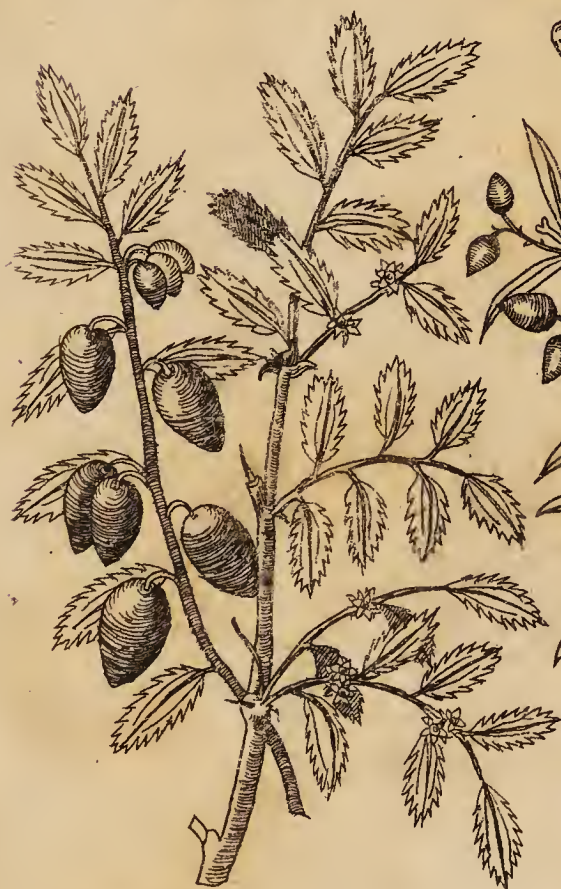
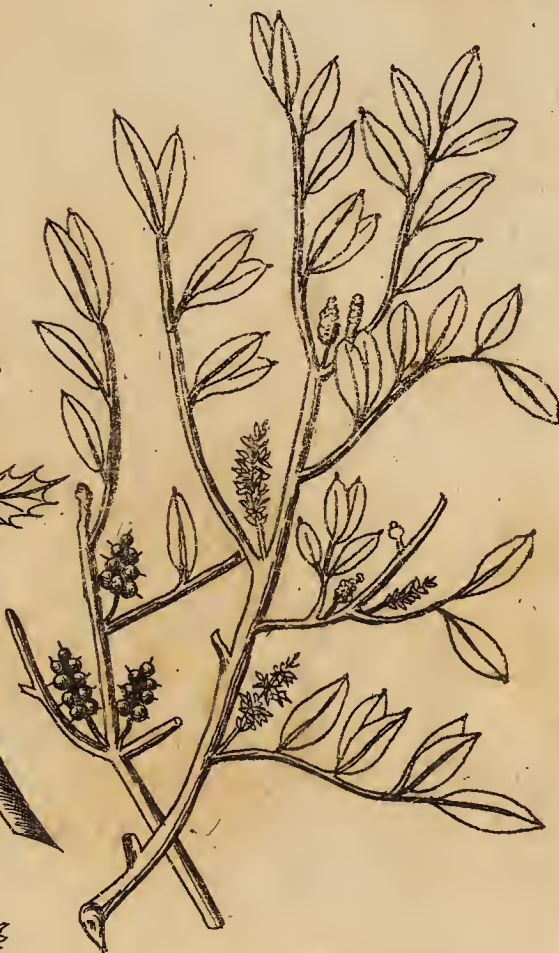
*Cortex Peruvianus
or
Jesuits Bark.*



The Scarlet Oak
or
CHERMES.



The MASTICH.



Jujubes.



The OLIVE.









